



awaken

WELLNESS WITH JEANNETTE

BOOKS, PODCASTS & OTHER

BOOKS

The Menopause Brain: The New Science
Empowering Women to Navigate Midlife with
Knowledge and Confidence

Lisa Mosconi, Ph.D.

Finding Me in Menopause: Flourishing in
Perimenopause and Menopause Using Nutrition
and Lifestyle

Dr. Nitu Bajekal, M.D.

Grown Woman Talk: Your Guide to Getting and
Staying Healthy

Sharon Malone, M.D.

Come As You Are: The Surprising New Science
That Will Transform Your Sex Life

Emily Nagoski, Ph.D.

The New Menopause: Navigating Your Path
Through Hormonal Change with Purpose, Power,
and the Facts

Mary Claire Haver, M.D.

The Perimenopause Revolution: Reclaim Your
Hormones, Metabolism & Energy

Dr. Mariza Snyder

The Definitive Guide to Perimenopause and
Menopause

Louise Newson, M.D.

The Vagina Bible: The Vulva and the Vagina -
Separating the Myth From the Medicine

Jen Gunter, M.D.

Hot Flash Hell: A Gynecologist's Guide to Turning
Down the Heat

Lauren Streicher, M.D.

The Galveston Diet: The Doctor-Developed,
Patient-Proven Plan to Burn Fat and Tame Your
Hormonal Symptoms

Mary Claire Haver, M.D.

The Hormone Fix & The Hormone Remedy Cookbook: Fix & Cure Hormones to
Help Balance Sleep, Improve Sex Drive, & Lose Weight (2 Books)

Anna Cabeca, D.O., OBGYN, FACOG

Pick the ones that speak to your needs. Start with a book that focuses on whatever is keeping you up at night right now.

PODCASTS

[The Dr. Louise Newson
Podcast](#)

[The Resetter Podcast
with Dr. Mindy Pelz](#)

[Feel Better Live More - Dr.
Rangan Chatterjee](#)

[Body Stuff with Dr. Jen Gunter](#)

PODCASTS cont'd

[The Science of Self-Healing by The
Bioregulatory Medicine Institute](#)

[Hello Hormones! with
Dr. Carrie Jones](#)

[The Diary of a CEO with
Steven Bartlett](#)

[The Mel Robbins Podcast](#)

ONLINE RESOURCES/APP

[Australasian Menopause
Society Resource Hub](#)

[Australasian Menopause
Society Self-Assessment Tools](#)

[The Menopause Society](#)

[Balance Menopause App \(free\)](#)

[Dr. Haver's Protein Calculator
& Quizzes](#)

